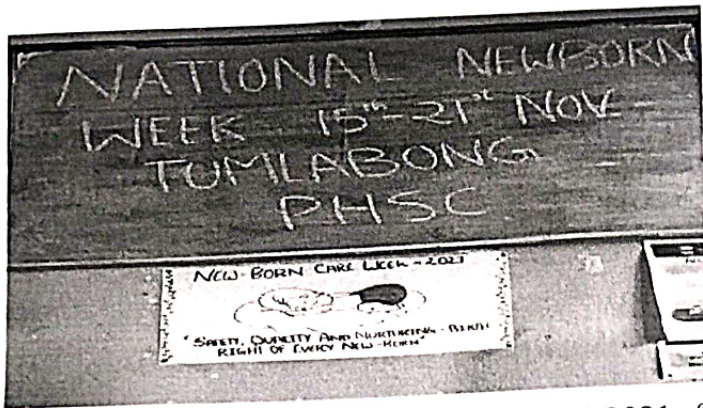


2. Observation of National New-born Week 2021

Date: 17.11.2021

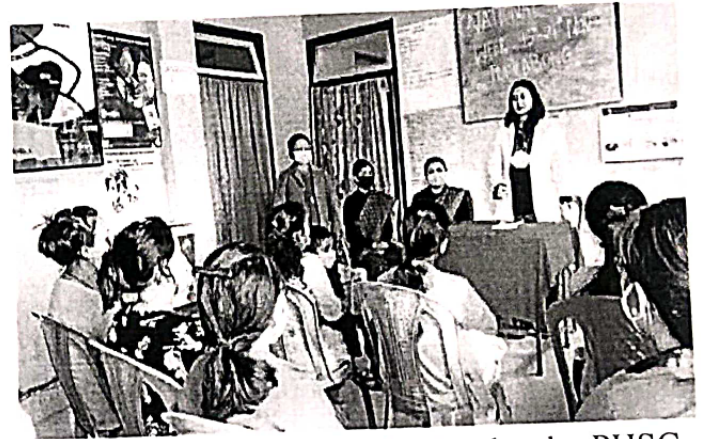
Venue: PHSC Tumlabong, East Sikkim

Conducted by: 1st and 2nd year M.Sc. students, Department of Community Health Nursing

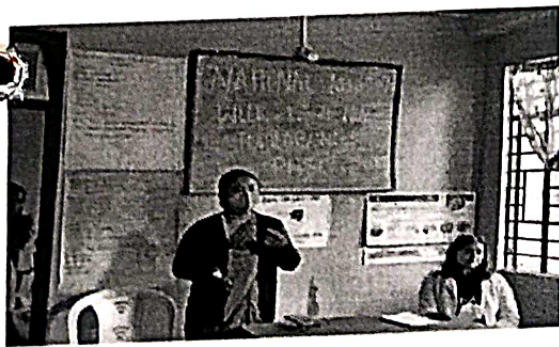


The M.Sc. Nursing students of Community Health Nursing Department, SMCON had observed the 'National New-born Week 15th - 21st November' 2021 on the theme "Safety, Quality and Nurturing Case - Birth Right of every newborn" at Tumlabong PHSC, East Sikkim.

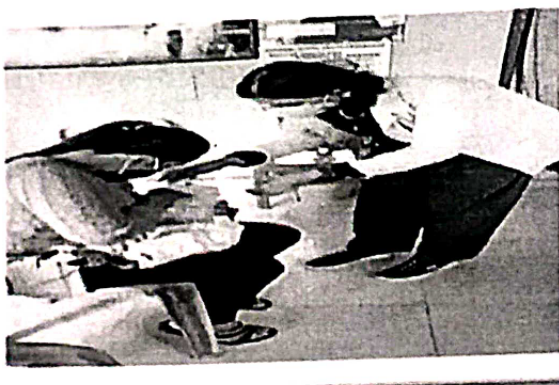
The programme was organized on 17.11.2021 for antenatal mothers and mothers with newborns residing at Tumlabong area. The programme was focused on the topics like-causes of new-born mortality in India, newborn care including importance of immunization and techniques of breast feeding. All total 12 mothers had attended the programme.



The programme started with an introduction by the PHSC staff on newborn health, causes of newborn mortality in India. Newborn care and importance of immunization was explained by the student Ms. Shrada Pradhan and techniques of breast-feeding was explained by Ms. Babina Khanal and Ms. Archana Niroula.



The students had put in all their efforts and creativity in bringing out a well-organized programme. The participants and the PHSC staff appreciated the students for their hard work.



1.4. Awareness on nutrition and diet during and post Covid-19 disease

Topic: Covid-19 and Diet

Venue: Roads and Bridges department, Lumsey

Date: 25th November 2021

Organised by: 2nd Year B.Sc. Nursing (Batch 2020-24)

Context: Coronavirus disease (COVID-19) is an infectious disease caused by the SARS-CoV-2 virus. Most people infected with the virus will experience mild to moderate respiratory illness and recover without requiring special treatment. However, some will become seriously ill and require medical attention. As per current statistics of COVID-19 cases in India are 3.46 Cr and deaths 4.69 L and in Sikkim the total cases are 32,233 and deaths 403. Due to the increase number of cases it is important to manage the situation by spreading awareness regarding COVID-19 and preventive measures focusing the importance of diet and Covid protocols.

Objective: The programme aimed at creating awareness among public on COVID-19 and its diet during Pre COVID, COVID period and post COVID period.

The Programme: The 2nd year B.Sc. Nursing students from the Department of Community Health Nursing of Sikkim Manipal College of Nursing (SMCON) organized a Nutrition Programme on “COVID-19 and Diet” at Lumsey, East Sikkim. All the people of community especially those who were previously diagnosed as COVID-19 positive were the focused audience of the programme. The students of SMCON performed a roleplay focusing all the aspects of COVID-19. The programme also highlighted the importance of COVID protocol by demonstrating handwashing techniques and masking techniques followed by health education on nutritious diet in which the food items prepared by the students were displayed. At the end questions were asked to the audience to assess the effectiveness of the education program. All the people were able to answer the questions due to which the program was found to be effective. The Chief guest Mr. Bhim Tamang, AE, Roads and Bridges gave good feedback and appreciated on the the overall organization of the programme. The programme went well and ended with the educative song on COVID-19 and vote of thanks by the students.

